



Intermediate Salsa Moves

Setanta (70), Setanta Complicado, Policia, Mujer Policia, Enchufe (Doblé) Pa Arriba, Enchufe Moderno, Daiquiri, La Cuchara, La Rosca, Enchufe Rumba Con Vacuna, Hombres (Men) Or Mujeres (Ladies), Derecha (Right), Hombres Or Mujeres Izquierda (Left), Escondite, Coca Cola, Sombrero A Mi Gusto (Sombrero The Way I Like It), Enrocarte (Wrap Yourself Up), Setanta Tres (73) / Copa, Patín Por Las Mujeres.

Advanced Salsa Moves

Bayamón, El Tunnel, Cheeky Bum, Sombrero Complicado, Panque Pa Abajo, Coca Cola Con Gas, The Matrix, Matrix Unloaded.

Unlike Latin-Ballroom dancing, salsa is constantly evolving and there are many differences of opinion between salsa teachers. However we listed some of the moves above to help you to give you some idea which level of class you should attend. Ultimately it is your choice which level you want to join, but please bear in mind that other students who are intermediate or advanced would not be happy if the instructor slowed down the pace to accommodate a beginner who wanted to try out an advanced class.

It is important that people understand the importance of staying in time with the music before moving up beyond beginner level. It is also important that male students can lead the moves they are doing and that the ladies understand the signals to follow these moves.

Shines (Solo Dance Moves)

Rumba, Back Basic, Mambo (Basic Timestep), Open Out (Abanico), 2 O'clock Right Turn, Left Turn, Full Right, Cuban Mambo, Side Triplets, Chord Beat Step, 2 Corners / 4 Corners, Jazz Box (Around The World), Zigzag, Brig, Suzie Q, Continuous Suzie Q, Suzie Q Plus, Hunch Point, Spiral Kicks, Double Spiral Kicks, Grapevine, Double Front Cross (& With Syncopation), Cuban Break. Hook Turn, Half Star, Mambo Around The Clock, Sailor, Crossover, Push Turns, Hook Step, Half Flair, Flair, Half Swing To The Front, Swing To The Front.



Welcome to BestSalsa.Co.UK

Please inform us if you suffer from any complaint which could affect your ability to dance, e.g. sports injury, back or neck pain, heart condition or any other disability.

We hope you enjoy your dance lessons with us and want to keep coming back and recommend us to your friends. We are committed to improvement and welcome any suggestions & requests. We try to ensure that you have all the information you need or want on our website www.BestSalsa.Co.UK which is regularly updated to ensure this. Much of the information in this leaflet is also on our website, but we would like to draw your attention to some of the points which may have escaped your attention. We offer you a discount of £1 at our Salsa classes on Mondays for groups of 4 or more as an incentive to recommend us to your friends etc.

If BestSalsa.Co.UK is not working for any reason, please check out our back up website www.BestSalsa.Webege.Com.

Keeping Informed

When you first join us, we ask for your contact details so that we can keep you informed of any changes to our regular events. We will add you to our Yahoo Group if you have not already joined. You may join our [Facebook Group](#) &/or the Yahoo Group. Please email BoogalooBarry@Yahoo.Co.UK if you change email address if you have trouble unsubscribing & resubscribing yourself.

What Should I Do To Progress Faster

Practice what you learn in the lesson as much as possible as soon as possible after you learn it. If you have trouble learning at the speed of the class, you might benefit from going down one level for a while until you have mastered the basics. Additionally, you could try **individual lessons** to suit your needs. Please contact your teacher to book an appointment & for more information.

We Teach Salsa & Ballroom / Latin American Dancing

Before becoming a full-time professional dance teacher, Barry taught Cha Cha Cha for a short while which was less popular at that time & most people were happy to dance it badly when the music was played in salsa clubs. Interest in Ballroom dancing by younger people increased more recently because of some TV programs etc. & so Barry turned his hand to this as well as salsa.

What Should I Wear?

Whatever you like! We recommend casually smart clothes which do not restrict your movement. Remember - the better you look, the better you feel. Dance shoes or dance trainers are recommended, but any lightweight shoes will do so long as they do not keep falling off and the soles are not too sticky - preferably leather. Flip flops or ordinary trainers are therefore best avoided. Jazz shoes are also very practical, but they are not usually so attractive if wearing a short dress or skirt.

What is Salsa?

Salsa is a partner dance which originated in Cuba. The word "Salsa" (Spanish for sauce), did not relate to music or dancing until the early 1970's when young Hispanic musicians used the term to describe a collection of similar popular & older Latin-American rhythms such as mambo, rumba, son, pachanga, boogaloo and cha cha cha, etc.. It is heavily improvised & therefore danced slightly differently in various parts of the world to match the different styles of music.

Can You Recommend Any Music?

Yes. We recommend salsa music listed on www.BestSalsa.Co.UK along with some free audio-video clips. There is too much music to recommend for other dances, but there are some excellent video clips of most types of partner dance (Ballroom / Latin American & more) on www.BestSalsa.Co.UK.

What Will I Learn?

At beginner level Salsa we tend to concentrate on basic Cuban style moves, but as you progress, we will introduce you to other styles so that you will be able to dance comfortably with people who prefer to dance other styles.

It is worth taking the time & trouble to develop "Cuban motion" which is the term used to describe the rhythmic coordination of knees, hips & ribs. Not only will we show you salsa moves, but also how to look stylish to help enable you to move beautifully in time with the music. You can use this motion with any style of salsa and with other Latin-American dances too.

Do BestSalsa Have a Salsa Syllabus?

We like to use mostly moves from La Rueda De Casino or "Rueda" for short (Spanish for the "wheel"), as a rough guide to which level we are teaching. We also teach some solo dance moves known as "shines". Some shines may also be equally used in partner dancing. Some of these moves are listed over. Not all moves have been given names, but Rueda moves have.

Beginners' Salsa Moves

Dile Que No And Cross Body Lead, Under Arm Turns, Adentro & Afuera (In & Out), Una Tarro, Guapea (Messing Around), Arriba (Up) & Abajo (Down), Dame (Give Me), Enchufe (Plug), Enchufe Doblé, Fly, Media, Pelota, Festival Pelota, Abanico, Vacilala, Americana, Ni Para Ti, Ni Para Mi & Mentira.

Improvers' Salsa Moves

Echeverria, Dame Dos, Dos Con Dos, La Prima, La Prima Con La Hermana, Principe Bueno, Principe Malo, Enchufe Al Medio, La Rosa, Camina, Sombrero, Sombrero Doblé, La Familia (The Family), Zero, Ocho (8), Sacala (Take Her), Mosquito, Patín, Sombrero Con Mambo, Kentucky, Enchufe Con Mambo, Abanico Dos, Melcocha, Caramelo, Chocolate, Acuéstala, Yogur, El Uno, El Dos, Por Atras, Dile Que No Por Atras.